

MINDFUL MOVEMENT MINI-WORKSHOP: POSTURE FOR PIECE OF MIND

In the fall of 2015, the Council on Aging and Human Services sponsored the One Mind One Breath Mindful Movement Workshop led by Dr. Sang Kim at the Ahern Middle School in Foxborough. Dr. Kim, Director of the Mindful Movement Project and Creator of the MBX-12 program, will be joining us at the senior center on Wednesday, February 10th at 4:30 p.m. for a Mindful Movement Mini-Workshop. MBX-12 is a set of mindful movements consisting of deep rhythmic breathing and gentle stretching. The goal of MSX-12 is to cultivate peace of mind, balance and strength through gentle movements and deep breathing. This mini-workshop will focus on “Posture for Peace of Mind” and Dr. Kim will discuss the findings from his research on therapeutic mindfulness training, including what works, why it works and how to maximize the beneficial effects of mindfulness training at the individual level. All are welcome to attend this program, so come join us as we learn Dr. Kim’s breathing and stretching techniques to enhance ourselves both physically and emotionally. Please call the senior center at 508-543-1252 to sign up.

Monday, January 25

Coffee Connection 8:30 a.m. to 3:30 p.m.

Jay Barrows Office Hour 9:00 a.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Relaxation/Meditation Program 1:00 p.m.

Shaws 1:00 p.m.

Video “Rewind” 2:00 p.m.

Tuesday, January 26

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Zumba gold 9:45 a.m.

Nutrition 11:00 a.m.

Movie Day – “The Railway Man” 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, January 27

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Computer Class 11:30 a.m.

Town Meeting Warrant Article Explained 12:30 p.m.

Relaxation/Meditation Program 2:30 p.m.

Senior Supper Club 4:30 p.m.

Thursday, January 28

Coffee Connection 8:30 a.m. to 3:30 p.m.

Men’s Breakfast 9:00 a.m.

History Lecture with Paolo DiGregorio 11:30 a.m.

COS/HS Advisory Board Meeting 3:00 p.m.

Friday, January 29

Coffee Connection 8:30 a.m. to 12:00 noon

Stop and Shop 8:30 a.m.

Aerobics 9:00 a.m.

Cribbage 10:15 a.m.

Card Making Class 10:30 a.m.

TOWN MEETING WARRANT ARTICLES EXPLAINED

Join us at the senior center on Wednesday, January 27th at 12:30 for this great opportunity to discuss the Town Warrant Articles for our upcoming Special Town Meeting on Tuesday, February 23rd. In addition to Town Manager Bill Kegan and Assistant Town Manager Mary Beth Bernard, we will be joined by School Business Administrator Bill Yukna, Finance Director Randy Scollins, Police Chief Edward O'Leary, DPW Superintendent Roger Hill and Council on Aging and Human Services Director Vicki Lowe to talk about the warrant articles. Take advantage of this face-to-face opportunity to ask questions and have the articles explained by our town officials so you will be an informed voter at the Special Town Meeting. Please call us at 508-543-1252 to let us know if you'd like us to reserve you a seat.

COMPUTER CLASSES AT THE SENIOR CENTER

Students from the Foxborough Regional Charter School (FRCS) will be providing computer training classes once again for Foxborough's senior citizens. The program is made possible thanks to a grant from the Foxborough Rotary Club for a program to teach computer skills to seniors. These computer classes will be held at the senior center and will be tailored to meet the expressed needs of the seniors in this program. The FRCS students will be teaching the seniors everything that seniors have wanted to know about computers but were (not) afraid to ask! The classes will be held on Wednesdays from 11:30 to 12:30 starting on January 27th. We have WIFI in the senior center, so if you have a laptop or an iPad, please feel free to bring it in with you. There will also be a limited number of computers available for use in our computer lab. Please call the senior center at 508-543-1252 to sign up in advance and we'll reserve you a seat.

INCOME TAX ASSISTANCE

AARP TAX ASSISTANCE

Free income tax assistance will be available for seniors through the Tax Aide Program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared for you and you will become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Wednesday afternoons and Thursday mornings, beginning on February 3rd. Call the senior center at 508-543-1252 to schedule your appointment. Prior to the date of your appointment, please come to the senior center to pick up the "Tax Preparation Packet." This paperwork must be completed before your appointment and brought with you to your appointment.

SPECIAL PROGRAMS

"SINGING TROOPER" DAN CLARK

Join us for an afternoon of fun and song. The "Singing Trooper" Dan Clark and his wife Mary will be back for a musical performance at the senior center on Wednesday, February 3rd at 4:00 p.m. Retired Massachusetts State Trooper Dan has sung and performed for audiences all around the nation along with his wife Mary. He will sing us a medley of songs. His powerful voice and presence will sweep you away, so if you haven't been to a performance by Dan and Mary, don't miss this opportunity! The Friends of Foxborough Seniors are sponsoring the program for us. So give us a call at 508-543-1252 to sign up for this special event.

SOCIAL SECURITY INFORMATIONAL PROGRAM

Do you have questions about the Social Security program that you've always wanted to ask? At 10:00 a.m. on Thursday, February 11th, a representative from the Social Security Administration will be at the senior center to discuss the programs, benefits and services of Social Security. This is your chance to get answers to your questions on this important program, so give us a call at 508-543-1252 to sign up.

FLORAL ARRANGING CLASS

On Thursday, February 11th from 1:00 to 3:00 p.m., Barbara Gage-Mulford will be holding a Floral Arranging Class for us at the senior center. There will be a cost of \$4 per person to cover the cost of the vases and the fresh

flowers. Everyone will be taking home a beautiful floral arrangement, just in time for Valentine's Day. The fresh flowers should last for at least a few weeks. So give us a call at 508-543-1252 to sign up and reserve your seat for this class.

DARKNESS TO LIGHT PROGRAM

Foxboro has raised the bar in its' efforts to prevent child sexual abuse by offering Darkness to Light training to people who work with children in a variety of capacities. We are pleased to be able to offer this important training to everyone in the community, to continue to raise awareness and help you be part of the solution to end child sexual abuse. Darkness to Light is designed to educate adults to prevent, recognize and react responsibly to child sexual abuse. Parents and grandparents, please take advantage of this training to become informed about protecting our children and breaking the cycle of abuse. Join us at the Foxboro Senior Center on Wednesday, February 3rd from 1:00 to 3:00. Please call us at 508-543-1252 to sign up. An evening program will also be offered at Brigham & Women's/ Mass General Health Care Center on Tuesday, February 2nd from 6:30 – 8:30 in the 2nd floor conference room. Please call 800-294-9999 to register. (For voice mail, simply leave your name, phone number and the number of seats you require.)

VIRTUAL VACATION PARTY

If you can't get to Hawaii in February, we'll be bringing Hawaii to you at the senior center! Join us for a Virtual Vacation Party on Thursday, February 4th at 11:30 a.m. We'll start off with a HESSCO Hawaiian Luau luncheon with a menu of Boneless Breast of Chicken Fillet with Maraschino Sweet & Sour Sauce, White Rice with Roasted Vegetables, Broccoli, Cauliflower, Carrots, Dinner Roll, Strawberry Peach Upside Down Cake with Whipped Cream, Virgin Pina Coladas, Punch or Milk. There is a \$3 suggested donation to HESSCO for the luncheon meal. The Friends of Foxborough Seniors will be sponsoring our musical entertainment by Gary Leanes, so be prepared to start tapping your feet and sing along with Gary. Please call us at 508-543-1252 by Tuesday, February 2nd to make your reservation for this virtual vacation. Put on your Hawaiian shirt (if you have one) and come ready to get into a tropical state of mind.

HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO

"Artifactual Scholar" Paolo DiGregorio will be back at the senior center at 11:30 a.m. on Thursday, January 28th to present another program in his series of history lectures. The topic on this date will be "1916: War, Uprisings, and the Destiny of Europe." By the start of 1916, the Great War was almost 18 months old. The nations of Europe were locked in a destructive struggle for dominance, fighting a war that had grown larger than anyone could have imagined. Yet, 1916 would bring greater bloodshed and violence. Away from the battlefields, social upheaval and political maneuvering added to the chaos and unease of the period. Paolo will examine the many events that made 1916 a seminal year in the formation of the 20th century. This program is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 to sign up and reserve your seat.

MEN'S BREAKFAST

For many years, our friend Ted Inman was a regular attendee of our monthly Men's Breakfasts. In Ted's honor, there will be no charge for our Men's Breakfast this month. The cost for the breakfast will be paid for by donations made to the senior center in Ted's memory. The Men's Breakfast will be held on Thursday, January 28th at 9:00 a.m. Our guest speaker this month will be the new Director of the Boyden Library, Manny Leite. If you would like to join us for breakfast and have the opportunity to meet Manny, please call the senior center at 508-543-1252 by Monday, January 25th to reserve your seat.

COLORIST CLUB

The winter months are ahead of us and we're looking for something fun to do that's both calming and relaxing. Beginning Wednesday, February 10th we'll be starting a Colorist Club that will meet at the senior center every Wednesday afternoon at 2:00 p.m. Joy Tripp, coloring enthusiast, is the volunteer group leader. You can bring your own coloring book(s) and colored pencils or markers, or use some of our supplies. We'll play some soothing background music and color together. Coloring is part of a new therapeutic model to relieve stress by

drawing attention away from yourself and bringing you into the present moment, similar to a meditative exercise. When your mind is focused on a simple activity, your brain tends to relax. This club is open to everyone, so please call us at 508-543-1252 to sign up and join us for this soothing and relaxing activity.

REWIND

Every Monday afternoon at 2:00 p.m. we'll be showing videos from our own video library of programs that have been held at the senior center, and we'll be viewing videos from "The Great Courses" program of the Kastrenos video library series. On Monday, January 25th at 2:00 p.m., our video will be "Every Other House a Tavern" with Paolo DiGregorio. Taverns, inns and public houses played a variety of important roles in colonial New England. Because of their communal and, oftentimes, loosely regulated nature, these places became centers of political debate and activism. In this video, Paolo explains the role that taverns and alcohol played in early America. Come join us as we watch the video of Paolo's original presentation at a Men's Breakfast on April 24, 2014.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On January 27 and 28 the featured program will be the Men's Breakfast with guest speakers Fire Chief Roger Hatfield and Pam McGuire. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

MOVIE DAY

The Movie Day for the month of January is scheduled for Tuesday, January 26th at 12:30 p.m. and our featured film will be "The Railway Man." Based on the bestselling autobiography, "The Railway Man" tells the extraordinary and epic true story of Eric Lomax (Colin Firth), a British Army officer who is tormented as a prisoner of war at a Japanese labor camp during World War II. Decades later, Lomax discovers that the Japanese interpreter responsible for much of his treatment is still alive and sets out to confront him. This story is an inspiring tale of heroism, humanity and the redeeming power of love. Come join us at the senior center to watch this touching movie, and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if you'd like to sign up.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, January 27th, we'll be enjoying our menu of Italian Style Pasta with Meatball, Mixed Vegetables and Cake. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 by Monday, January 25th to make your reservation and to arrange for transportation, if needed.

TRAVEL INFORMATION

SIGN UP FOR TRIP TO PRODUCTION OF "SAMSON" / LONGWOOD GARDENS VISIT

Come join us on Wednesday, June 8th when we'll be leaving Foxborough at 6:30 a.m. and traveling via motorcoach for a 3 day/2 night trip to Pennsylvania to experience the Sight and Sound Theater's latest, greatest, and newest production; the biblical story of "Samson." Our hotel accommodations will be at the brand new 4-star Double Tree by Hilton hotel in central Reading, PA where we will be welcomed by a private wine and cheese reception. Following dinner on our first evening, we'll see a brand new musical show. On our second day, we'll travel into neighboring Lancaster County, the home of Pennsylvania's Amish and Mennonite people. Our first stop will be in the town of Lititz for a special program called "Chalk Talk," a 90 minute look into the lives of the Plain People. We will also visit the Kitchen Kettle Shopping Village before taking our seats at the Sight and Sound Theater for "Samson." One of the most captivating stories in the Bible, Samson is the world's first superhero. "Samson" is filled with colorful characters, extraordinary feats of strength and amazing special

effects. On our third day we will travel to Kennett Square, PA where we will spend time visiting the beautiful Longwood Gardens; 1,077 acres of gardens, woodland and meadows in the Brandywine Creek Valley and one of the premier botanical gardens in the United States. We'll arrive home at approximately 9:30 p.m. on the evening of Friday, June 10th. This trip has been arranged for us by the group tour specialists at Tours of Distinction. The cost per person is \$463 for a double, \$430 per person for a triple and \$557 per single. For information or to sign up for this trip, please call the senior center at 508-543-1252.

MEDICAL INFORMATION AND SERVICES

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Dr. Willinsky's next visit to the senior center has been scheduled for Monday, February 1st. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment for a ride.

REGULARLY SCHEDULED

ZUMBA GOLD CLASSES

The New Year has begun and it's time to start getting ourselves moving. Come and learn some Latin dance moves with us and we'll have some fun getting in shape for spring. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to workout, and prepare to leave empowered and feeling strong. Zumba Gold classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. If you're looking for a modified Zumba class that recreates original Zumba moves but at a lower intensity, then come join us at our Zumba Gold classes at the senior center on Tuesday mornings from 9:45 to 10:45 a.m. Learn some Latin dance moves with our instructor Biliana "BB" Mileva, and have some fun while getting in shape. There is a \$2 charge for each class.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on January 25th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, January 26th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

BINGO

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, February 2nd from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

January 27 – Mansfield Crossing/Kohl's

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754.

The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, January 25

Macaroni & Cheese

Scalloped Tomatoes with Spinach

Fruit Muffin

Mandarin Oranges

Calories 434

Sodium 524

Tuesday, January 26

Greek Style Chicken

Rice Pilaf

Roman Blend Vegetables

Oatmeal Bread

Cinnamon Apple

Calories 288

Sodium 464

Wednesday, January 27

American Chop Suey

Spring Blend Vegetables

Snow Flake roll

Birthday Cake

Calories 294

Sodium 214

Thursday, January 28

Turkey a la King

Chive Mashed Potatoes

Peas & Carrots

Whole Wheat Bread

Peaches

Calories 414

Sodium 372

Friday, January 29

Low Salt Hot Dog

Ketchup Packet

Hot Potato Salad

Hot 3 Bean Salad

Hot dog roll

Strawberry Cup

Calories 428

Sodium 762